

Secreto

NO. 47.

GLENWOOD.

Rev. A. Webster, editor of the Christian Era, writes; "I have used Davis' Pain-Killer for many years in my family with much ant-

The CLUB STABLE

TWELFTH STREET, BRANDON.

The above splendid building is now open as a Livery, Feed and Sale Stable. It is most conveniently situated between Rosser and Princess Avenues, directly opposite the Brandon Club. Every kind of horse, New Buggies, Harnesses, etc., always on hand for sale. Horses and buggies bought and sold on commission.

ONE OF THE SOUTHERN PLUM CREEK STAGE.

Passengers booked through to the Turtle Mountain at lowest rates. Freightage done to all parts of the country.

JAMESON & KIRCHOFFER, Props.

FRANK A. TAMBLYN, Manager.

BRANDON ENGINEERING WORKS.

All kinds of Machinery promptly repaired.

BLACKSMITHING

In all its branches.

CHILD & TIMEWELL,

Cor. 10th St. and Princess Ave.

IMPERIAL BANK CANADA.

Capital, --- \$1,500,000.
SURPLUS, \$660,000.

Branches in Manitoba—Winnipeg and Brandon.

BRANDON BRANCH,
ROSSER AVENUE.

Transacts a general banking business. Bills of exchange purchased. Money transferred to points in Canada by draft or telegraph. Collections payable at outside points receive prompt attention. Deposits received at current rates of interest. Correspondents for Bank of Montreal, Bank of British North America, Bank of Toronto, Dominion Bank, Bank of Hamilton, Quebec Bank, Standard Bank of Canada.

A. JUKES, Manager

W. F. WILSON,

WHOLESALE AND RETAIL.

Dealer in Furniture,

CORNER ROSSER AVENUE & 6th STREET.

CHEAPEST AND BEST ASSORTED STOCK IN THE CITY.

You can give you anything in the Furniture line that you may require, from the plainest to the most elaborate.

Don't spend a Dollar in Furniture till you see our Stock, as we will give you better value than anyone in the trade, and a Large Stock to Select from.

COME AND SEE US.

Undertaking promptly attended to.

JOHN DICKINSON,

DEALER IN

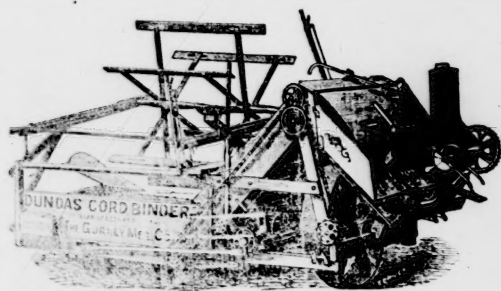
GROCERIES,

DRY GOODS,

Boots and Shoes, etc.

CORNER NINTH STREET AND ROSSER AVENUE,

BRANDON, - - MANITOBA.



WM. JOHNSTON,

Importer and Dealer in all kinds of

Agricultural Implements

"THE DUNDAS CORD BINDER."

THE BEST GRASS HARVESTER IN THE WORLD.

It is the only one of its kind. It has no equal for simplicity and durability. It is of light draft. It is a perfectly balanced machine. It has the only *Perfect Reel Made*. It is adjustable to any position. It is supported at both ends and never sags. It is so simple it can be moved with the eyes closed to any position.

The Dundas Cord Binder has removable gearing boxes to prevent wear. A complete raising and lowering device, a sure and easy lift, a self adjustable elevator, easy to learn, easy to understand.

Farmers, do not fail to see the Dundas Cord Binder before giving your orders.

W. JOHNSTON, General Agent, Brandon, Man.

DR. FOWLER'S
EXTRACT-WILD
STRAWBERRY
CURES
CHOLERA
CHOLERA INFANTUM
DYSENTERY
AND
SUMMER COMPLAINT
In all climates.

Perfect Fits.

THE Subscriber, to better enable him to retain his well-earned reputation as a successful

Merchant Tailor

Is moving into his

NEW SHOP.

On ROSSER AVE.

Next to Dr. Fleming's Drug Store.

Where he has every facility for treating his Customers handsomely. He has in a large supply of the best Materials the Eastern Markets afford for

SPRING & SUMMER WEAR,

Bought for Cash, and is giving his Patrons the benefits of his opportunities.

REMEMBER.

He makes nothing but the Best Fitting Suits, out of the Best Materials, at the lowest living profits.

L. STOCKTON,

Pioneer Tailor.



LIVERY.

JAMES S. GIBSON,

FIRST-CLASS RIGS.

STYLISH HORSES.

Livery, Sale & Feed Stable.

DEALERS IN

Horses, Oxen, Wagons, Sleighs, Buggies, Cutters, &c.

STABLE ON 6th STREET, NEAR PRINCESS AVE.

Special Rates to Commercial Travellers.



LIVERY FEED AND SALE STABLE.

ROSSER AVENUE,

BETWEEN 5th and 6th STS., BRANDON, MAN.

GOOD RIGS

Both single and double, and the best horses in Brandon to be had at all hours, and at reasonable rates. Special arrangements for commercial travellers.

Parties having horses or cattle for sale would find it to their advantage to give us a call before going elsewhere.

We guarantee satisfaction to all who favor us with their patronage.

DANIEL BROAD, Manager.

W. H. GARRA Prop.

NO SURRENDER.

WE STILL HOLD THE FORT

And in spite of the dull times we are selling more goods than ever. Our low prices and the quality of our goods is what does it.

WE HAVE ALREADY RECEIVED LARGE CONSIGNMENTS OF

Spring and Summer Goods

AND STILL THEY COME.

Full Lines of Silks, Satins, Velvets and Velveteens

Full Lines of Dress Goods, Cashmeres, Buntings, Vailings, &c., in all the new shades.

RIBBONS, LACES, FRILLINGS. Our Staple Department

IS VERY COMPLETE

200 Pieces of BEAUTIFUL PRINTS, in all the New Styles and Colors. 10 Pales of FACTORY COTTONS & TWILLED SHEETINGS & PILLOW COTTONS. SHAM LOOMS, DUNDAS SHIRTINGS, HEAVY DUCKS and DENIMS, COTTON BAGS, &c., &c. HOUSE FURNISHINGS, CRETTONNES, LACE CURTAINS, FINE BRUSSELS, TAPESTRY and ALL-WOOL CARPETS, HEMP CARPETS, COCOA MATTINGS and FLOOR OIL CLOTHS, CORNICE POLES and ORNAMENTS, a Full Stock.

Boots and Shoes.

We feel satisfied we can boot all to their entire satisfaction that give us a call, as we have just received a large stock of Choice Goods, at low prices.

Groceries.

A Full Stock. Always FRESH Always GOOD. Always CHEAP.

ARE YOU LOOKING FOR BARCAINS?

Then be sure and call at the

TORONTO STORE,

CORNER SEVENTH STREET AND ROSSER.

SOVEREEN & JOHNSTONE.

Serve by Telephone promptly attended to.

JUS RECIVED A

WHITEHEAD & WHITELAW'S STORE BRANDON.

23 Crates H.H.D's Cases and Barrels of Fine China, White and Colored Granite Tea Sets, with a general stock of Delf Crockery and Glassware. Direct importation.

200 Pieces Fine Prints, extra value. 50 Pieces of Shirtings. Shirtings Cottonades and Ducks, with an immense stock of General and Staple Dry Goods, Hats, Caps, and Clothing.

108 Half-Chest and Caddies of Fine Tea, carefully selected, fine flavor, bought low, and will be sold cheap.

600 Pounds Fresh Turnip Seed, Carrot, Mangold, Onion, Garden and Flower Seeds, of all kinds, fresh and good.

2630 Pairs Boots and Shoes, Finest Goods, Latest Styles, and Best Value the Market can produce.

400 Kegs Finest Syrup. 115 Boxes Raisins, and

22,000 pounds, or One Car Load of Sugars, all of which are direct importations and Good Value.

We especially invite Merchants, Hotel Keepers, and all see our stock and compare prices.

We are agents for the Portage Milling Company. A full stock of their Celebrated Flour always kept on hand.

WE SELL TOO CHEAP TO GIVE CREDIT.

COME AND SEE.

WHITEHEAD & WHITELAW

H. CROSSLEY'S

Great CLEARANCE SALE.

The GREATEST BARGAINS ever offered in the City, in Dress Goods, Cashmeres, Lustres, Prints, Cottons, Ducks, Denims, and in fact everything in

STAPLE AND FANCY DRY GOODS.

Gents' Furnishings.

Ready-Made Clothing, Straw and Felt Hats, Shirts, Ties, &c., also selling at greatly Reduced Prices.

A Large Stock of Boots & Shoes,

Going very Cheap.

The whole must be sold to make room for Fall Goods, which I expect to arrive early.

H. CROSSLEY, 9th Street.

Blood
Cures Dizziness, Loss of Appetite, Indigestion, Biliousness, Dyspepsia, Jaundice, Affections of the Liver and Kidneys, Pimples, Blotches, Boils, Hemorrhoids, Salt Rheum, Scrofula, Erysipelas, and all diseases arising from Impure Blood, Deranged Stomach, or irregular action of the Bowels.

1950年10月1日 星期日

It was to a large extent at the suggestion of the Grits this second homesteading was allowed and now they must be responsible for the consequences. We in Brandon, have so far felt none of the bad effects of the privilege, but they will appear even here in due time. In the course of another year or so, many of the settlers around this city will have

PROHIBITION.

will seek them at the grog shop where with evil associates, he commences to form habits that eventually prove his ruin. From observations of the constitution of the race and the ways of the world, the safest way to bring up a family with money

BRAD WARDINE.

UNCLE GEORDIE.

CITY COUNCIL.

COMMUNICATIONS.

PETITION,
Signed by all the hotel keepers of
the place, complaining of the whole-
sale dealers selling by the glass, and
asking the enforcement of the law.

REPORT OF BOARD OF WORKS

INQUIRIES.

Ald. Cameron opposed it, as the Society has more money than the Council.

JOHN CRAWFORD SPEAKS

JOHN CRAWFORD STEAKS

Yours &c.,

An Alarming Increase of Cancer— Some Observations.

**Wealth and High Civilization Are
Favorable Conditions for Devel-
oping Cancer—The Surgeon's
Knife—A Peculiarity.**

[Chicago Times]

Dr. Dunn states that observation shows cancer to have a certain geographical distribution. The latitude of the United States marks the center of the belt in which it prevails to the greatest extent. It has a coincidence with the prevailing opinion that cancer is communicable. It is not a rather infectious nor contagious disease, as is done that it has a syphilitic origin, or, in other words, that it is an auto-infective organism or germ. Moreover, he says, nothing like cancer is transmitted from parent to child, even in the case where the mother is known to have a child may have a predisposition to cancer—that is, a tendency to the disease—but not the disease itself. It is one of the novae in each individual which is not known. Ordinarily there are no positive symptoms of its appearance. The indications of the terrible disease are the appearance of a tumor and the resulting excruciating pains. It always commences at a local site, and generally remains local for a considerable time. It usually begins with a swelling of the tissue, and the tumor then infects the more or less extensive neighborhood.

Medical science has been making progress toward ascertaining the cause, the prevention, or cure of cancer. Recently it is shown that many of the remedies formerly in use are altogether worthless. Methods for the cure of cancer have been very generally abandoned. Medicine has given way to surgery. In the great majority of cases the most serious case dies before the tumor. Cancers are now almost everywhere the system that could not be removed before the time of the invention of the appliances. The removal of a cancerous disease becomes large when the disease is cured. It may protract life, but it is certain to protract the most severe sufferings.

Inferior Value of a Superior Education

[Chicago Times]

A gentleman from Long Island arrived here in this city, states that a number of persons and the applicants for aid are persons of good education. Their letters are marked with neatness. Among the trainees who were especially well in New York on a business trip, being was one who returned that he had learned modern languages, such as Greek and Latin, and prayed for the Latin and Greek. He was a fine mathematician and a good writer. He was ashamed to be ignorant and to not know how to work. A line of work was uniform and very credit looking attracted the attention of a gentleman who was passing down Fourth avenue. He was very well dressed. He found that the students of the five prizes offered for the best English school, and that they had all been awarded to the same person. He was very much interested in the books and then he had the opportunity to obtain the names of existing students.

Instances of the kind mentioned above might be multiplied. They are all of the kind what is called a superior class of work. A superior value in getting a good education. It is argued that a superior class of work is not prevent one from working as a man or as an unskilled laborer. It is not a hindrance to his working, but it gives him the chance of success. The first years spent in the pursuit of knowledge and in becoming to the point of looking toward qualifying one to be a teacher. Training the intellect does not mean a loss of hands. The statistics of our schools and cultural colleges show that the graduates do not become farmers. Observations shows that the girls who graduated out of the best schools do not work as teachers. They do not succeed in getting a living as girls who learned trades or become proficient in housework. Boys who have been educated in the same kind of schools are fitted for but few occupations, and they are generally full.

BRANDON TO SWAN RIVER.

A JOURNEY ON A BUCKBOARD.

Sights and Incidents by the Way.

BRANDON, June 30, '84.—Although the boom is over, and people have become accustomed to view matters connected with Northwest with some degree of common sense, still the interest in the Great Lone Land, though not so effervescent, is in no way less real than it has been for the last three or four years, and the public seem to relish the merest scrap of news which throws any light on the agricultural and other varied resources of any particular portion of the new country. Believing such to be the case, I have ventured to forward you a sketch of my trip from Brandon up to the Swan River, whither I went to inspect the timber limits. It was about 4:30 a.m. one bright June morning that we hitched our shagginappy ponies to two buckboards, and got aboard for Rapid City, our first stage.

I use the plural advisedly, as I was accompanied by three friends, one an old Northwesterner back as guide, one a verdant Englishman who wanted to see something of the country, and lastly a personage like myself bound up there with an eye to business.

We were traveling as light as possible—a tent, camp-stove, and a certain amount of provisions in case of necessity, a change of clothes apiece, a few extra pairs of socks, and handkerchiefs, a pair of good Hudson's Bay blankets per man, was about all the incumbrance we carried. We were in the best of spirits—the air was fresh and exhilarating, the meadow larks sounding out their morning songs, and the prairie chickens clucking, gophers scampering about, or sitting up to stare at us with complacency, ready to drop into their handy holes, should either of our dogs show an inclination to so far forget their early training as to condescend to notice anything not protected by the game law—in fact everything within sight seemed full of buoyant spring exuberance, our ponies of course excepted. Shagginappies never indulge in exuberance—from the moment their harness goes on until it is slipped off at night—but they often are guilty of a good deal of cussedness alike destructive of cowhide and the calm serenity of those who are doomed to sit behind them. But, after all, those ungainly, play-footed, narrow chested, raw-boned animals generally prove equal to any amount of hard work and hard usage, but they will do it in their own slow, methodical way, six miles an hour, and warranted at that rate to go on forever. Try to make faster time, you will only provoke a cursed fit of balkiness, necessitating strong language, vigorous flogging, resulting in horseness of throat and aching bones, and with the possibility of sleeping out on the prairie some miles short of your intended destination.

Time on this occasion was of vital importance to us, so we had decided to push through as fast as possible, our objective point being Shoal Lake, via Rapid City, by sundown—sixty-two miles—quite enough for man and beast over these rough prairie roads.

It was about eight o'clock a.m. when we reached Rapid City, where we stopped an hour or so to feed our ponies.

The crops through from Brandon were looking fairly well, but looked toward through want of rain. It was quite an easy matter to find a stranger who had seen frozen wheat, and a thoroughly reliable article, namely the Manitoba papers, will hardly again be troubled with any correspondence on this subject; the question has had a good practical test, the result of which is thoroughly convincing to any fair minded man. Not that the frozen wheat has come up, and a large portion of what has to be sown and so on.

We found the inhabitants of Rapid City somewhat excited over railway matters—in fact, I may as well say, that as far as we could judge, the whole intermediate country between here and Ellice is agitated by like considerations. The precise question which was troubling the good agriculturist of Rapid City was whether the Central Northwestern was going to amalgamate with the Rapid City Central, and if so would the new directory carry out the original programme and run their line through the City. We were a little amused by the glowing picture drawn for us by an enthusiastic citizen, who took infinite pains to describe to us what the city would be in five years if such a desideratum

came to pass. I fear it was a case of scattering good seed in barren soil. We had had some experience in the boom, we glanced at the Little Saskatchewan streaming along at our feet, and realized it was not so big as the St. Lawrence and decided that its manufacturing capacity was limited. We mournfully inspected the main thoroughfares, distinguished by stakes, and thought of boom days again, and quite unintentionally, but very naturally put our hands into our breeches pockets to count up the loose change real estate operations in those boom days had left us.

There was a time when we might have been carried away by the eloquence of our Rapid City friend, days when people were magnifying glasses through which the quiet little stream appeared like unto a mighty river such as the Missouri or Mississippi, and a balder hole suggested the excavation for the city buildings, and an unpretentious knoll grew into a huge mountain, and a tuft of grass into a five storied hotel, full of guests, and stocked with six month's provisions, &c., &c., all complete.

But the visionary days have passed away, and we know that it requires more than eloquence to build a city, and something more than a promissory note to pay for it with. I fear our Rapid City friend, who but for a slight mistake would, no doubt, have made a fortune in the boom, has a hard road to hoe in this "hard pan" and "rock bottom" day, and that he will yet realize the fact that wealth—flitting here,—is but the product of labor, and that until sufficient labour has been performed in this new country its capital will be small, and times comparatively hard.

It would take more than we could spare to convince our new acquaintance of this fact, and it was therefore with a feeling of relief that we turned our back on the fast little town, on the fast little river, and headed W. N. W. for Shoal Lake. The whole country was thickly studded with habitations of all descriptions, from the humble mud cabin to the pretentious frame house of the more wealthy settlers. Fencing had in some cases been indulged in to quite a creditable extent, but it was evident that in the majority of cases the farmers trusted to sharp eyes and heavy pound penalties to protect their crops from incursions of their neighbors' cattle.

It was nearly eight o'clock when we forded the gravelly bottom of Shoal Lake. The sun was casting its long horizontal rays across the water touching up a ripple here and there, and bathing the luxuriant leafage of the banks in deep, soft, melancholy shade or a hazy mist of gold. We pitched our camp on a high knoll commanding a good view of the whole country round, and could not fail but be enchanted with the richness of the scenery, and whilst enjoying our after-supper pipe, and discussing the merits of the country through which we had passed since morning, we came to the conclusion that Shoal Lake was destined to become a summer resort of some renown before the lapse of many years,—in fact, should the railroad now going on progress at anything like its calculated rate, I should not be surprised within three years to see the banks and grassy slopes surrounding this lovely sheet of water studded with cottages and hotels, and the natural loveliness of the view heightened by groups of city belles, in becoming risqué gowns, surrounded by legions of men in flannels and tweeds, making the air ring with light-hearted, bantering merriment, or crying out, melodious songs of love and chivalry of wild rose.

We again made an early morning start, getting under way for Pelly before dawn. The journey was of an uneventful character; had generally fairly well, with no heavy sultry, farms mostly looking well, and a large area sown. Nearing Birtle the trails became thicker, the land more rolling, the scenery more picturesque. We did not catch a glimpse of Birtle until we were almost over it, as though it were in the clouds of the distant creek, but when we did so we could not restrain an exclamation of delight, so charming was the surprise, and so beyond our expectation the size and aspect of this flourishing little town.

We halted our teams here, and turned out to the natives, and be seen. Whether or not we were mistaken for the Chief Engineer of the Northwest Central and some of his staff or not, it is certain that we attracted considerable attention, and were watched with an amusing curiosity, which we took care not to satisfy, a piece of behaviour most practically reprobated by our landlord, who charged us nearly double for oats and hay, and would have put us off with an apology for breakfast, only one of the party made violent love to his

pretty wife, who was so overcome by his polite attentions as to disregard the warning looks of her stingy "old man," and to bring on a second edition, which we enjoyed all the better when the discomfited husband left us in disgust to chaff his pretty wife and devour his victuals at leisure.

Birtle is a charming little town, built on the southern slope of hills forming the valley of the Birdtail Creek. On the opposite hill is dotted here and there an Indian tepee, whilst high up on the summit and commanding a view of the town and country round, is situated the country seat of Edward P. Leacock, Esq., M.P.P. for the county, and well known as one of the heaviest speculators during the boom. The town itself consists of some twenty stores, the necessary hotel accommodation in proportion, besides several large, handsome private residences, whilst close to the edge of the water stands the saw and shingle mill of John Shields & Co., E. P. Leacock, managing partner, around which is stacked about 500,000 feet of lumber and about a million and a half of logs.

Business is reported as dead, but better than a few months past, but not expected to revive to any extent until after harvest. I was sorry to hear that so much land around here is lying in stubble, as farmers find that until some railway communication with the markets, nearer than the main line of the C.P.R. is established, it is impossible to get grain to market and get a working margin of profit. From Birtle we took the North trail to Russell, through the same character of finely scenery, and good clay loam, very rolling. Settlement quite thick up to Russell, crops looking well, farmers hopeful and looking forward to the Manitoba North-western running into the town this fall. The town itself is rather hard to find, but no doubt will spring up with wonderful rapidity round the new houses that at present exist as soon as the railroad taps it.

Our next stage forward was to the Cote reserve, and as we advanced we began to feel that the settlement was rapidly growing thinner, and that we were beginning to leave the last traces of civilization behind, and to myself this knowledge gave a wonderful zest to the forward journey. The feeling that business cares might with impunity be cast aside stimulated a sense of undefinable freedom which I had never before experienced. It was evening when we struck the reserve and went into camp. Cote met us, and signified his consent to our pitching our tents on his domain. Perhaps it was as well that he did so, for afterwards we learned that he is a nasty sort of fellow to get on the wrong side of, and a warlike savage on murder intent is not one of the pleasantest individuals to have prowling round your camp at night. He lives in a log house, perfectly devoid of furniture, and the woman's department simply divided off from that apparently appropriated by the man himself by a common poplar pole open fence. This same Cote is quite a character up here, being reported to be a very clever conjurer, and is held in mortal dread by the Indians round; he does a bit of farming on his own account, of which he is very proud, but the field of wheat he showed us was more than half wild mustard. We next paid a visit to the Government Indian farm, the instructor on which showed us every possible attention, and gave us some very interesting details of Indian life. On the way there we saw many number of young savages of both sexes running about stark naked. On the farm some thirty Indians and squaws were working, and the farm looked in good order.

We noticed some spring wheat sown in the fall, which looked in splendid growth, also vegetables of all kinds in a forward condition. We also learnt that they suffer no more from frosts here than they do down at Brandon or Minneapolis. Among other objects of interest to our party were the four pretty specimens of a breed living here, but they were shy as fawns, and did not give the half-killer of our party a chance to practice his insinuating art. We purchased several capital white wolf skins on this reserve, which we sent down to Ontario. The land around here we thought particularly good, judging from the growth of grass, which was of astonishing height and full of pea vine and vetches.

The next day we pushed on for Pelly. On the way we passed an Indian lying prone on the ground, with his pony standing unconsoled over him. We supposed he was taking a quiet siesta after the manner of Indians. Presently we were attracted by the postulations of another Indian galloping towards us, and as he pulled up hard just abreast

of us on the trail, he evidently was anxious to get some information out of us, but what we could not make out. Finally he got off his pony and seized the lapel of my coat and pointed to the ground, when one of the party remembered having noticed a civilized looking garment lying on the trail close to the prostrate red man we had left behind. This information was with some difficulty conveyed to our dusky interrogator, who set off hard in search of the prostrate man.

In the course of about a couple of hours the fellow overtook us, riding hard and waving the coat as a sign that he had been successful, and when he came up to us he explained the whole matter. A shake of the coat at a point in the direction of where he had just come from, (stage directions) the coat is thrown on the ground, is picked up, the Indian goes through the pockets, finds a bottle, (empty when we saw it), pretends to take a drink, puts the bottle back again, then lays his head in his hands sideways, signifying sleep, and then laughs, showing his perky white teeth. With this explanation and a few words of broken English we learnt that a trader had been along just in front of us, and that he had dropped his coat containing some whiskey, about 500 O.P. The Indian whom we had noticed last asleep came along after us, discovered the bottle, took a mighty big drink at the firewater. Consequence—Big drink too much for Indian—Injun drunk, very drunk, Injun sleep. After imparting this romantic story the Indian was gone more set going, and was no doubt but a short time in catching up to the trader, restoring the coat, but alas! an empty bottle only in the pocket.

Arriving at Pelly, we went into camp for a couple of days to procure fresh ponies and guide, and pack-horse outfit for our onward journey up beyond Livingstone, on the Swan River.

It had been a good many years since I had been in the saddle, and I rather dreaded the consequences of a ride of some seventy or eighty miles.

While in camp here we were much surprised at seeing a band of wild horses the property of the Hudson's Bay Company, and with the aid of some Indians we lassoed one or two but found we could make nothing of them, so we once more restored them to their freedom, and to judge by the pace at which they left us they thought very little of us.

Our march from Pelly to Livingstone was one without incident, but when we started into the country back of that place, where as our guide told us we were the first white men, we began to experience the disadvantages, under some circumstances, of a civilized education. Swimming creeks, forcing our way through thick tangled undergrowth, or bodily lifting our ponies out of muskegs and streams on to dry land, or wading a continual but fruitless war against the millions of every kind of fly, may all sound very romantic, but doesn't go down quite as well judged by practical experience. Our thick blooded, roast beef Englishman suffered terribly. Some precious old mosquito had found him out, and the word was quickly passed. Poor son of Albion, how he did suffer! I asked him one day how he liked it? what he thought of the country? "By Jove! don't know. Horrid bore these flies, and they? Wouldn't mind standing foot for one lot, but hang it! one lot no sooner gets through, than another lot comes on. Our horses suffered even worse than we did; their nostrils being continually full of flies, literally sucking their life blood, and it kept us busy all the time we were not sleeping or travelling keeping good swinges going so as to give them a chance to feed in comparative comfort.

We found the limits we had come up to inspect far beyond our expectations. Good spruce, averaging 12 to 25 inches through, besides tamarac and poplar of a more than average quality. No hard wood to speak of. The scenery round the Swan River is simply grand, and had it not been for the flies we would have enjoyed ourselves immensely.

Game, such as prairie chicken and duck, had been of course plentiful all the way up, but in these back woods we found bear, elk, moose, besides all the smaller fur-bearing animals, such as mink, otter, beaver, &c., &c. We ran across one trader with 400 bear skins. We met with one feature of Indian medical science which was very interesting—the sweat bath. From the number of rains about it would seem that any Indian getting very sick must have for some superstitious reason repaired to this spot, and have constructed one of these peculiar structures. I will endeavor to describe one of them.

First they build a hut of willow sticks large enough to accommodate a pile of stones and themselves; this they cover with blankets or skins, and then re-heat the stones in a fire, pour cold water on the stones, creating a tremendous steam; then they enter, and completely closing up any opening, they submit themselves to the process of what we should call a Turkish bath, about as good a remedy as even the modern scientists can suggest. On our way back from the limits to Pelly we put up at Swan River barracks, once the capital of the North-west, and where buildings were erected to the extent of \$100,000. We were treated with every possible kindness by the force stationed there. After a few days rest, we started south for Pelly, crossed the Assiniboine at that place, pushed along to and crossed the White Sand River. We passed through the York Colony, which is most admirably situated, and highest spirits, and finally struck the C.P.R. at Qu'Appelle. About the York Colony district the vegetation was so rich as to impede our travel, the pen vines, rolling round and round our wheels, which we had to continually cut off. Near Qu'Appelle we were much disappointed by the meagre vegetation, and although a beautiful spot, cannot recommend it as a good place to settle.

I have endeavored to curtail my observations within reasonable limits, well aware that space in your columns is more valuable and scarce than on the vast prairie. Still I fear that the North-west mainly is at work within me, and that I am beginning to give way to a proclivity for quantity rather than quality, so self-accused,

I remain, yours, etc., S. G.

London.

P.S.—I may as well add for the benefit of your political readers, that I found the bona-fide farmers in good spirits, and confident as to the outlook. A mention of the Farmers Union was generally a signal for some derisive remarks, and it was evident that the extreme Radical section of that body will not have a very large support next election. All that is wanted is patience, perseverance and railway communication, which will all come in good time. The farmers realize that Rome was not built in a day, and that this wild country can't be subdued in a year or two. In conclusion my good opinion of the country is daily growing. I have been farming up here for three years through depression, and now am giving it my personal observation, and cannot see why there is so much abuse of this country. I have travelled the plains for some 20,000 miles, and believe I have seen the making of the finest country in the world, and David Crockett like, intend to stick here. S. G.

OUR SANITARIUM.

A prominent physician, speaking of early rising, says: "The proper time to arise is when sleep, properly so called, ends. Dozing is not admissible from any reasonable or health point of view. The brain falls into a state we call sleep, and the other organs of the body follow it. True sleep is the aggregate of sleeps. In other words, sleep which must be a natural function not induced by disease or drugs, is a state which consists in the sleeping or rest of all the several parts of the organism. Sometimes one and at other times another part of the body as a whole may be the least fatigued and so the last to awake, or the most exhausted, and therefore the most difficult to arouse. The secret of a good sleep—the physiological conditions of rest being understood—is to so work and weary all the parts of the organism as to need a proportionally equal amount of rest at the same moment.

The cerebral and muscular systems, the viscera should be all ready to start together, and so far as may be possible, they should be equalized. One should wake early and feel ready to rise, not fair and equal start of rest, which should be secured, and a weak sleeper should not allow a drowsy feeling of the consciousness or weary state, or an exhausted muscular system, to beguile him into the folly of a good sleep again when once his consciousness has been aroused. After a very few days of self-discipline the mind resolves not to doze—that is, to allow some still sleepier part of his body to keep him in bed after his brain has once awakened—will find himself, without knowing why, an "early riser."

Nothing is more dangerous than irregular and violent exercise for those unaccustomed to it. Students and others of sedentary habits who exercise in gymnasiums can hardly restrain themselves from efforts to excel, and thus bring injuries upon themselves, and thus impair health and shorten life.

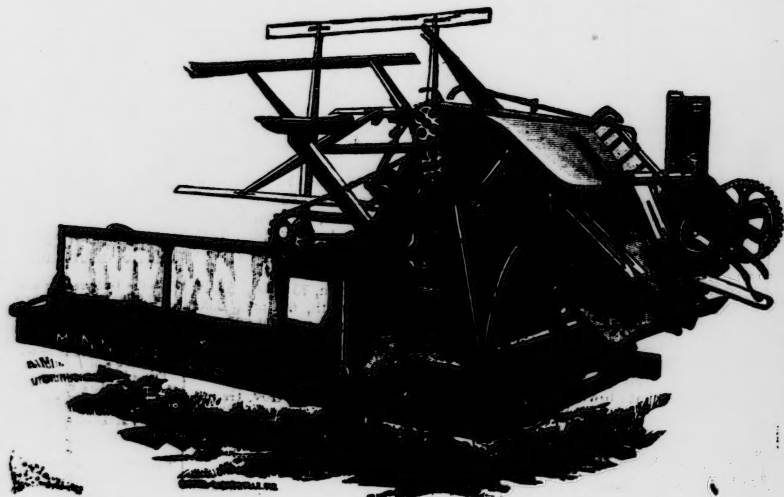
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